

Personal Safety CE Courses Being Offered at SWOSU

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Southwestern Oklahoma State University Continuing Education on the Weatherford campus is offering two eight-week CE activities this spring semester, entitled "Beginning Personal Safety Training" and "Advanced Level Personal Safety Training."

Instructors for the two CE activities are Dr. Sam Lackey and Gene Foust. The CE activity participant fee is \$75. These CE activities may be taken for either accredited continuing education units or SWOSU course credit.

Both upcoming courses will be offered on Tuesday evenings from 7-9 p.m. beginning March 21 and ending May 9.

Registration for either of these activities is on a first-come, first-serve basis. Registration and general information are available by phone, 580.774.7012, or in person at the SWOSU Office of Sponsored Programs, Room 209, Thomas P. Stafford Building, on the SWOSU Weatherford campus. If a person wants SWOSU course credit, contact the SWOSU Registrar's Office at 580.774.3777.

Participants in the advanced course must have taken the prerequisite introduction and intermediate courses on personal safety. This advanced level activity is geared towards updating all personal and job-related safety inventories plus extensive hands-on practice of the techniques

introduced in the beginning level activities. In addition, students will be introduced to contemporary material dealing with the high level threat of multiple assailants and various types of terrorist attacks and hostage situations.

The beginning activity is geared toward the understanding of the critical need for awareness of common risks and dangers encountered in one's professional and personal life. Discussion will include professional policy issues connected with defending oneself and others as well as creating a personal inventory of many such risks and dangers. By combining personal self defense tactics and techniques with on-the-job oriented training, the participant will have a broad spectrum of responses geared to varied and often changing circumstances.